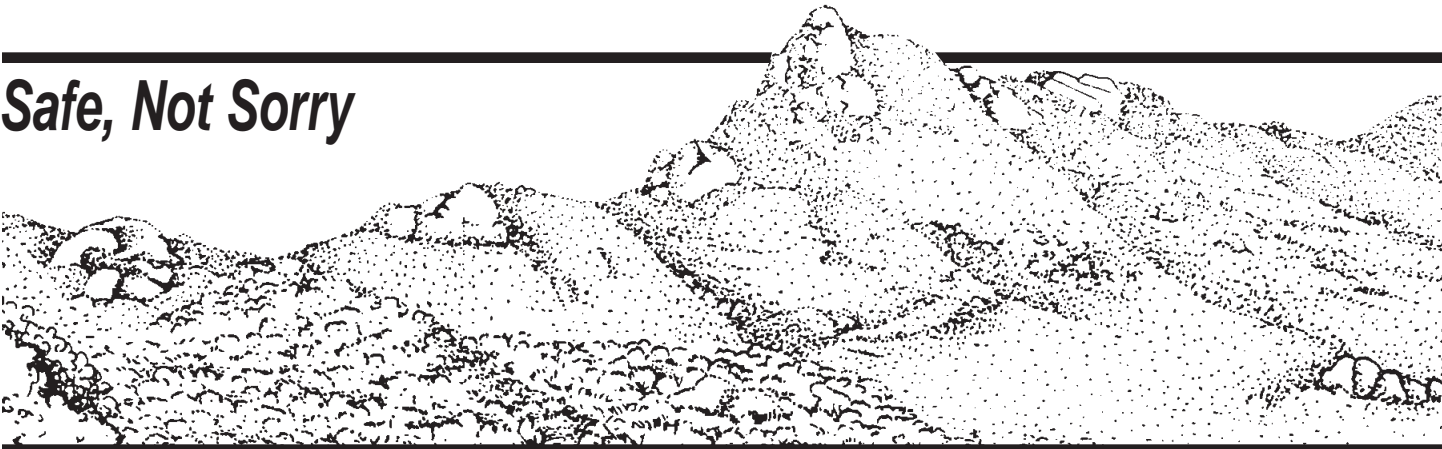


Santa Monica Mountains

National Recreation Area
National Park Service
U.S. Department of the Interior

Safe, Not Sorry




Santa Monica Mountains National Recreation Area offers a quiet respite from the chores of city life. Hiking a trail to a waterfall or picnicking under a majestic oak will make your trip worthwhile. When visiting the park, there are some things to consider to help ensure an enjoyable visit. Wise planning and following a few safety tips can mean the difference between fun and frustration.

Whether on foot, bicycle or horseback, there are a variety of ways to explore the public trails in the Santa Monica Mountains. International symbols can be found at many trailheads, indicating whether a given recreational activity is allowed. A slash through any of the symbols indicates that the specific activity is not allowed.


Trails may be closed to certain user groups due to steepness, potential for erosion, or to protect natural and cultural features. Trails may also be closed to all park users during or after a significant rainfall or wildland fire.




Hiker/Jogger

 Hiking trails are often steep and rocky; watch your step to avoid slipping. Be alert for ticks, rattlesnakes and poison oak. Hikers must yield to equestrians.

Bicyclist

 Bicyclists must stay on designated roads and trails and yield to equestrians and hikers. Stand to one side of the trail when allowing equestrians to pass. Travel at a safe speed and let others know when you are passing. Always wear a helmet and carry a patch kit and pump.

Equestrian

 To prevent erosion, equestrians must stay on designated roads and trails and should avoid riding after a rainfall. Travel at a safe speed and let other trail users know if it is safe to pass your horse.

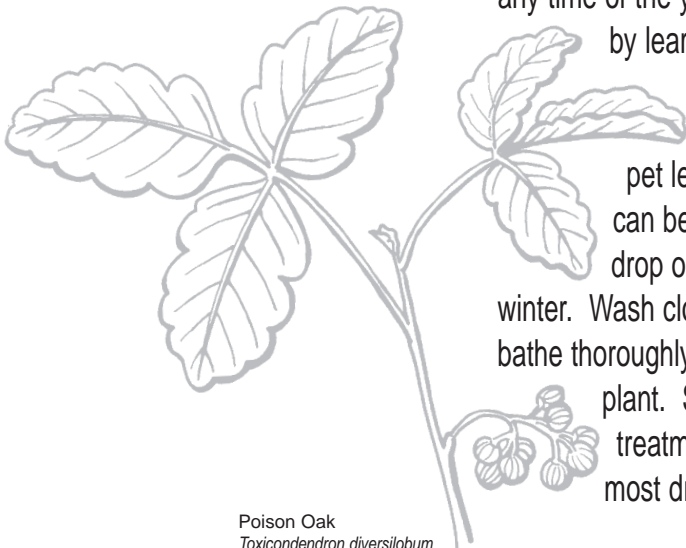
Planning Ahead

- ✓ Travel with a buddy or let someone know of your plans.
- ✓ Carry plenty of water and drink it.
- ✓ Wear proper footwear. Bring snacks, extra clothing and a flashlight.
- ✓ Wear sun protection including sunscreen, hat and sunglasses.
- ✓ Carry first aid equipment and know how to use it.
- ✓ Dogs must be leashed at all times. Dogs are not allowed on state park trails.
- ✓ Camping is restricted to established campgrounds only. Permits are required.
- ✓ Know all park rules and regulations.

The Wildlife

Observing wildlife in its native habitat can be a thrilling experience. Please be aware of the following wildlife that live in the Santa Monica Mountains.

Poison Oak can cause an itchy rash any time of the year. Avoid contact by learning to recognize it, staying on trails and keeping your pet leashed. The leaves can be green or red, and drop off during the fall and winter. Wash clothes separately and bathe thoroughly if you contact the plant. Several brands of skin treatments are available at most drug or outdoor stores.



Poison Oak
Toxicodendron diversilobum

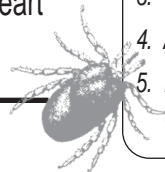
Rattlesnakes, while potentially dangerous to us, are an important part of our ecosystem. Avoid them by staying on trails and watching where you step. If you see one, walk around it allowing plenty of room. Bites are extremely rare. However, if bitten, stay calm, keep bite area lower than your heart and call for help.

Mountain Lions are wild predators but usually do not confront humans. If confronted, make yourself as large as possible by standing tall and holding out your arms. Pick up children to appear larger. Do not run or make any sudden moves.

Ticks are small arthropods (1/8") that feed on the blood of mammals such as coyotes and deer. They can be found on grasses and brush waiting for a host to pass by. Wearing light-colored clothing makes ticks easier to spot. Tuck your pants into boots and your shirt into pants. Check yourself and your pet regularly.

Prompt removal of ticks may prevent disease.

1. Use tweezers rather than your fingertips.
2. Grasp the tick as close to your skin as possible.
3. Gently and steadily pull the tick straight out.
4. Apply antiseptic to the area.
5. If parts of the tick break off and remain in your skin or a rash appears, consult your doctor.



For More Information:

Trail maps and guides are available at the National Park Service Visitor Center. Staff is able to answer questions daily from 9am to 5pm.



National Park Service Visitor Center

401 West Hillcrest Dr.
Thousand Oaks, CA 91360
805-370-2301
<http://www.nps.gov/samo/>

In an emergency, dial 911.

Traveling Wisely

- ✓ Do not build fires and do not smoke while traveling on trails. Fireworks and firearms are not allowed on parklands.
- ✓ Water is not safe to drink from streams and ponds due to possible contamination or the presence of the Giardia protozoan.
- ✓ Stay on established trails and observe all trail closures. "Short-cutting" is not allowed.
- ✓ Pack out litter. Leave only footprints and take only memories.
- ✓ Respect the rights of neighbors and do not trespass.
- ✓ All natural and cultural features are protected by law and may not be disturbed.

